

The Full Prayer

It was not the purpose of either of the Prayers in Steps 3 and 7 to stand on their own.

There is no “Amen” at the end of the Prayer in Step 3. The prayer in Step 7 picks up exactly where the first prayer leaves off.

Between the “two prayers” you do your fourth and fifth steps to break the cycle of secrecy and self-hate that has run our lives to the point where we have placed an appropriate focus on ourselves and the personal defects we must surrender to improve our own lives and the lives of those around us.

As always, the prayers are suggested and it is often more effective to re-word the prayer into your own words, but if all you can do is say the words on paper, try to mean them with your heart.

Prayer of Steps 3 and 7

*God, I offer myself to you—
to build with me and to do with me as
you will.*

*Relieve me of the bondage of self
that I may better do your will.*

*Take away my difficulties, that victory
over them may bear witness to those
I would help of Your Power,
Your Love, and Your Way of life.*

May I do your will always!

*My Creator, I am now willing that you
should have all of me, good and bad.*

*I pray that you now remove from me
every single defect of character which
stands in the way of my usefulness to
you and my fellows.*

*Grant me strength, as I go out from here, to
do your bidding.*

Amen